



Practical Tips:

1. FACT - The world is hunting your child. They are not “for” them. Get in the fight and don’t apologize. You will never regret having these conversations.
2. Remember you are not their friend. Your child needs your wisdom, boundaries, and accountability.
3. Every child is different. Do not feel the need to parent technology the same with each child. Parent for their success.
4. Do your research and be as much of an expert as you can before you say yes. Have open dialogue and figure it out together so they are part of the discussion.
5. It’s ok to circle back and change your mind. Just because you try something doesn’t mean you have to let them keep it. This may mean a temporary or permanent change.
6. No – everyone else isn’t. Be willing to swim against the current.
7. Make it difficult for information to get to your child and train your child to protect their own information. Turn “Location Services” off and don’t leave your child alone to figure this out because the cost is great.
8. Talk about hard things. Internet safety, privacy, sexting, cyberbullying, identity (you are not how many likes you get), pornography, integrity, accountability, boundaries, social media (there are some you just need to say no to), music, video games, time management, appropriate usage, asking for help when you mess up, and forgiveness.
9. Set up firm boundaries and hold them: age appropriateness, filtering and blocks, time and location of usage (car, meals, at other homes, in groups, etc.), bedrooms off limits, personal devices are not personal, logins, approval of friends, etc. Remember there is nothing out there that can protect your child 100%. You have to stay engaged and they have to want it themselves. Make sure you think of appropriate developmental ability.
10. The most important technology tip is to train your child to want to honor the Lord in every area of their life. Give them a passion and vision of what they are fighting for. Bring them into the battle. Help them see the life that the Lord has for them, the wisdom of His statutes and the blessing of obedience, purity and righteousness. Teach them about repentance and forgiveness. Keep communication open. The goal is that they can enjoy the gift of technology without harming themselves or others.

Technology Resources

Home Internet Filters:

Circle – Home filtering for every device that connects to your Home WIFI. Easy set up and controlled through a free app. A mobile version is also available.



Qustodio – Works on a variety of devices and platforms including iOS, Kindle, and Nook. Allows you to set time limits on devices or specific apps.

Net Nanny – It's said to have one of the best filters out there and provides real-time notifications of "abuse/indecent material". Very limited capabilities on Apple iPhones.



Open DNS Family Shield – This is a FREE filter that is installed on your router, thus protecting every device on your home network. It is best used when coupled with another "device specific" filter as well.



Cell Phone Monitoring:



Online Resources:

- Common Sense Media – A great tool for reviewing movies, tv shows, video games, and apps. Available online or in the app store.
- Yoursphere for Parents – A website devoted to helping families live healthy digital lives. Great articles, with very practical advice. internet-safety.yoursphere.com/
- Teensafe.com – They have a great blog, that is just for parents. It answers tons of questions and give a lot of inside info about the digital life of teens. <https://www.teensafe.com/blog/>

Books:

- Good Pictures, Bad Pictures – Porn Proofing Today's Young Kids; by K. Jenson and G. Poyner
- Every Young Man's Battle; by Fred Stoeker and Steve Arterburn
- Every Young Woman's Battle; by Shannon Ethridge and Steve Arterburn
- It's Complicated: The Social Lives of Networked Teens; by Dannah Boyd
- The Next: Faith, Friends, and Family in the Digital World; by Tim Challies

Other Tips/Resources:

- Look for other "like-minded" families at school or church and ask questions of each other, to see what others are doing to keep their kids safe.
- Use PCA as a resource. The administration, tech department, ministry team, and counselors are all available to help you in this area.
- If you suspect there is an issue with your child and his/her use of technology, contacting a professional counselor is also a very good option. The ministry team and your school counselor have a list of licensed counselors that we work with often. We are happy to make recommendations.
- Lastly, just know that you are not in this fight alone!! Our kids are worth it!!

PCA Contact and Resources:

- Denise Thornton – MS Guidance Counselor
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- Lainie Montgomery – Director of Campus Ministry
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- Gabe Boyd – Student Discipleship Coordinator
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